

Mt. Vernon Voices

AAUW advances gender equity for women and girls
through research, education, and advocacy.

Volume 67 Issue 2 October 2023

Mt. Vernon Branch



PRESIDENT'S MESSAGE

We are all connected. That statement can mean different things to different people. Maybe your first thought is that we are connected via the internet. And, yes, of course we are. Our daily communications revolve around the use of the internet or a cellular network: inventions that make communications of all varieties easy and convenient. Or they can be the devil in your bonnet! How do we live with them...how do we live without them?!



We are also connected via our social networks. These networks go to work when we need them most. Our member **Cathy Krebs** recently lost her best friend and husband of 51 years. Our hearts go out to her. Many of us knew Jim and are so sad he is gone. The Mt. Vernon AAUW network will be there for Cathy. I hope your AAUW connection is one that you can count on. If not, join us in one of our many activities described in this newsletter and get to know us better.

Universally we all are connected as we learned or had confirmed at our program with **Dr. Melissa Thiel** on September 16. That kind of connection, to earth and universe, surprises, bewitches, baffles, comforts us all at the same time. Several people who bought the book she recommended (*The Field* by Lynne McTaggart) want to get together and discuss and try to understand its concepts. I hope that happens. Join us if you wish as we create a new kind of connection.



Our beliefs and values connect us as well. The AAUW mission (advocacy for women and girls) has been the foundation on which we stand. As like-minded women, we believe that our voice is stronger when we speak as one. That connection works for the common good.

This newsletter is one of the ways we connect as AAUW branch members. Each month **Bianca Daugherty** spends time collecting articles from board members and arranging them beautifully for you to enjoy. Please peruse it. Plan to attend one of our activities. Make an effort to participate in one of our calls to action when called upon. Stay connected.

Patsy

**Branch Program, October 14, 10:30 a.m.
Sherwood Regional Library**

Movement is Medicine: Seniors Staying Strong

**Join Mt. Vernon AAUW to discover proven strategies for
senior health and wellness.**

YOU WILL FIND OUR PROGRAM FLYER ON PAGE 3

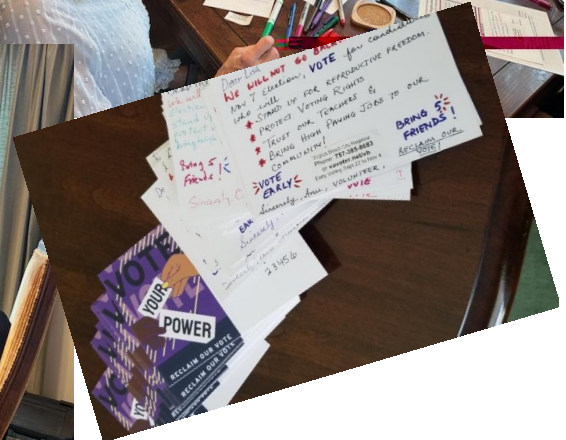


RECLAIM OUR VOTE

On September 30, branch members gathered for a second time this year in support of the **Reclaim our Vote** campaign. Members created and wrote colorful postcards encouraging voter participation in under-represented areas.

Studies indicate that in the areas where postcards and phone calls about voting have been received voting numbers increased.

Thank you to Anu, Elaine, Joanne, Mary Ellen, Ofelia, and Patsy.



BRANCH LEADERSHIP 2023 – 2024

Elected Officers

President:	Patsy Quick
Program Vice President:	Solveig Eggerz
Membership Co-Vice Presidents:	Susan Farmer Mary Wall
Treasurer:	Anne Simpson
Secretary:	Joanna Crane

Appointed Chairs

Bylaws:	vacant
AAUW Funds:	Elaine Kolish
Public Policy:	Mary Ellen Mehler
Newsletter/Website:	Bianca Daugherty

Newsletter/Directory Distribution:	Mary Ellen Mehler
Nominating Committee Chair:	Lois Passman
Hospitality:	vacant

Interest Groups

Book Group:	Liz Promen
Diversity Outreach Group:	vacant
Dining Out:	Paula Lettice Cathy Conron Bianca Daugherty
Game Night:	Bianca Daugherty Paula Lettice
ImpromptEvent:	Joanne Clark

Contact Email: AAUW.MtVernon@gmail.com

In principle and in practice, AAUW values and seeks an inclusive membership, workforce, leadership team, and board of directors. There shall be no barriers to full participation in this organization on the basis of age, disability, ethnicity, gender, gender identity, geographical location, national origin, race, religious beliefs, sexual orientation, or socioeconomic status.

BRANCH PROGRAM OCTOBER 14



Sherwood Regional Library

PRESENTING

Saturday, October 14, 2023

Sherwood Regional Library, 10:30 a.m. - 12:00 noon

Movement is Medicine: Seniors Staying Strong

Join Mt. Vernon AAUW to discover proven strategies for senior health and wellness.



Our instructor, Jenny Grover, is a certified personal trainer with the International Sports Sciences Association (ISSA). She holds ISSA certificates in Senior Training, training Clients with Arthritis, Health Coaching, Nutrition, and Kick-Boxing. After 33 years with the Federal government, Jenny began her personal training career with a membership at Curves, where she became a coach. Post-Covid, she moved to Snap Fitness, where she now has clients at both the Belle View Shopping Center location and in Old Town.

Jenny says: “My goal in life is to help every person to live a healthy, independent life... .” Her primary focus is helping older people to maintain strength, flexibility and balance.

Jenny’s motto is “MOVEMENT IS MEDICINE!”

So, please join us and learn about Seniors Staying Strong.

To register, [click here](#)

The meeting is free and open to the public.

BOOK GROUP

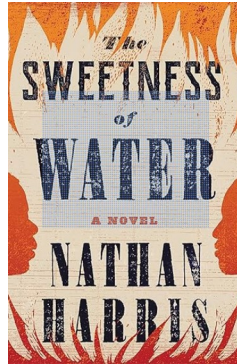
Monday, October 16, 2023, 7 p.m.

Note, new time!

Please inform the hostess whether or not you plan to attend.

HOSTESS: Elaine Kolish
920 Emerald Drive

CO-HOST: Anne Simpson



BOOK: Sweetness of Water
Nathan Harris

REVIEWER: Patsy Quick

NEXT BOOK: Covenant of Water
Abraham Verghese

GAME NIGHT



Join us for a fun evening with various games on

Friday, October 27, 2023, 7:30 p.m.

Home of Paula Lettice

Spouses and significant others are welcome to join in!

Contact Paula Lettice or Bianca Daugherty
if you would like to join the group.

AAUW.MtVernon@gmail.com



Come find your inner child! Alexandria Choral Society's "Fables", the first concert of this season, presents music based on Aesop's Fables, Mother Goose, and Alice In Wonderland in addition to other pieces.

The concert will be at 7 p.m. on Saturday, October 21, at the Westminster Presbyterian Church, 2701 Cameron Mills Road in Alexandria. Look for Anne Simpson, our treasurer, in the Alto section.

MARK YOUR
CALENDAR

DINING OUT

Plans are under way for our next dining out. It will be at Laporta Restaurant in Alexandria on Friday, November 10.

More information will be sent out closer to the date.



Sending caring thoughts to Cathy Krebs on the loss of her best friend and husband of 51 years, Jim Krebs.

Jim passed away September 16, 2023.

We fondly remember him attending some of our branch meetings, game night, and dining out.

AAUW-VA PUBLIC POLICY -VA ELECTION 2023



Don't forget to vote. This is a high stakes election for both local and national issues. Every seat in the Virginia state legislature is on the ballot with major implications for the 2024 election. **Early voting in Virginia began on September 22, 2023. The deadline to register to vote or to update an existing registration is October 16.**

You can apply for an absentee ballot by following instructions on the on-line Virginia Citizen's Portal. <https://vote.elections.Virginia.gov/voterinformation>

Mary Ellen Mehler
Branch Public Policy Chair

Follow-up from the AAUW-VA Public Policy, September 28, 2023

GOTV (Get out the Vote) is critically important during this upcoming election when the entire General Assembly will be newly elected. **AAUW-VA has prepared Voter Guides** for all Senate candidates in contested races. You can find the Voter Guides [here](#). Our voter guides provide nonpartisan information about candidates' positions on issues like equal pay, education, and reproductive rights. Candidates' positions on the issues are determined using their legislative records, public statements, and campaign position papers, as well as published information from credible sources. All campaigns are being contacted via email in advance of publication. AAUW-VA [voter guides](#) are provided as a public service and are not intended to be an endorsement of any candidate or political party. No AAUW policy position is implied by the descriptions of these issues.

- Members are encouraged to check out Vote411.org, a comprehensive resource that provides voter and election information at the national, state and local level. We ask members to not only ensure they are informed, but help others in the community become informed as well.
- The **Reston-Herndon Branch** invites all AAUW-VA members to join them on Wednesday, **October 11 at 4 p.m.** for a special Zoom program with **Senator Janet Howell and Delegate Ken Plum** as their special speakers by Zoom. Join Zoom Meeting:
<https://us02web.zoom.us/j/83103869092?pwd=enJHQ0JHL3p5TVljeDM1dkw1VEILZz09>
- **Reproductive rights is front and center in this upcoming election.** We discussed some alarming developments in Galax County and Bristol, VA. Due to its complexity, that information has been provided in a separate email.

**Mark your calendars for a special AAUW-VA Zoom presentation
on abortion issues in Virginia on October 26 at 6 p.m.**

- Finally, **please take our one-question poll** regarding the best time to schedule our Zoom meetings. You can find the poll here: <https://forms.gle/tSk8B2eaCBEGkCN1A>

Thanks for continuing to stay engaged on issues that impact women and girls.

Janine Greenwood & Denise M. Murden
Co-VPs for Public Policy
AAUW of Virginia

AAUW-VA PUBLIC POLICY

Save the Dates!

- **January 4, 2024:** Pre-General Assembly AAUW-VA Public Policy Zoom Meeting
- **January 30, 2024, 5 p.m.:** Women Legislator's reception (Richmond)
- **January 31, 2024:** AAUW-VA Lobby Day (Richmond)
- **February 28, 2024:** AAUW-VA Lobby Day (Virtual)



We are **seeking volunteers to serve on the Women Legislators' Reception planning committee**. We have a venue, but need assistance with planning for refreshments, a program, and other details. Please send an email to aauwvpublicpolicy@gmail.com if you can help.

Virtual lobby day plans are still in development, but we heard some great ideas from our members. We will supply contact information, scripts, and background information for our members to contact their representatives by phone, email or Zoom meeting during Virtual Lobby Day.

Members are reminded they can **find up-to-date public policy information** on our [AAUW-VA Public Policy Google drive](#). Information will be updated as we head into the 2024 General Assembly session. More information can be found on our [AAUW-VA Public Policy webpage](#). If you have suggestions or questions to improve these resources, please be sure to let us know.



The League of Women Voters will be hosting candidate forums for many of the House of Delegate and Senate races. We hope you will sign up to watch and submit questions.

- **Fairfax County Chair of the Board of Supervisors, October 2**
- **Fairfax County School Board Members At-Large, October 5**
- **Soil and Water Conservation District Board, October 11**
- **Sheriff and Clerk of the Circuit Court, October 16**

<https://www.lwv-fairfax.org/2023-candidate-forums>

AAUW-VA is a co-sponsor to all four forums.

***Forums will be recorded and available online a few days after each event.*

Click here for ballot information: [LWVFA 2023 What's On Your Ballot](#)

2023 - 2024 MT. VERNON BRANCH PROGRAM YEAR

Meeting Date and Place	Focus/Activity
Saturday, September 16, 2023, 10:30 a.m. Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Holding Your Field And Space Women's Empowerment Presentation by Melissa Thiel
Saturday, October 14, 2023, 10:30 p.m.—noon Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Seniors Staying Strong (Seniors building body strength and flexibility) Jenny Grover (personal trainer)
Saturday, November 18, 2023, 10:30 a.m. Sherwood Regional Library 2501 Sherwood Hall Lane, Alexandria, VA 22306	Travels to Antarctica Antarctica from various points of views of the travelers
Saturday, December 9, 2023, 11:30 a.m. Cedar Knoll 9030 Lucia Lane, Alexandria, VA 22308	Holiday Event
January 2024 TBD (3 rd Thurs or 3 rd Sat.) Sherwood Regional Zoom	Seniors in Transition (Housing issues, financial issues, legal issues)
February 2024 TBD (3 rd Thurs or 3 rd Sat.) Zoom	Struggles Toward Integration and Defeating Massive Resistance in Virginia: libraries, lunch counters, schools
Saturday, March 9, 2024, 10:00 a.m. Zoom	Annual Business Meeting
Friday, March 22, 2024 7 p.m. Reception / 8 p.m. Performance Little Theatre of Alexandria 600 Wolfe St, Alexandria, VA 22314	LTA Annual Fundraiser Murder on the Orient Express
April 2024 TBD (3 rd Thurs or 3 rd Sat.) Sherwood Regional Zoom?	Underfunding Public Education Panel Discussion with Laura Goren , Director of Research and Education Policy at The Commonwealth Institute (TCI) for Fiscal Analysis
Thursday, May 16 or 23, 2024 Location, Date and Time TBD	Annual Potluck
Saturday, June 8 or 15, 2024 Location, Date and Time TBD	Annual Planning Session

Other Important Dates to Remember:

April 13, 2024

AAUW of Virginia 2024 State Conference,
Lynchburg, VA

IMPROMPTEVENTS

DON'T FORGET

IF YOU HAVE AN IDEA OF SOMETHING FUN TO DO, SHARE IT!!



MUSEUMS



THEATER



LOCAL EVENTS

ANY IDEA IS A GOOD ONE!! (Well, usually)



October 2023

- **3 Board Meeting, 7 p.m.**
Zoom
Contact Patsy Quick
703/360-8676
- **14 Branch Program, 10:30 a.m.**
Contact Solveig Eggerz
703/203-0769
- **18 Book Group, 7 p.m.**
Contact Liz Promen
703/780-7342
- **27 Game Night, 7:30 p.m.**
Contact Paula Lettice
703/780-3463



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Board Meeting	4	5	6	7
8	9	10	11	12	13	14 Branch Program
15	16 Book Group	17	18	19	20	21
22	23	24	25	26	27 Game Night	28
29	30	31				



Check out our website <https://mtvernon-va.aauw.net/>
Follow us on Facebook <https://www.facebook.com/mtvernonvaaauw/>

